Meeting WISHA Training Requirements

• To meet the WISHA training requirements for head protection, you must include information specific to your worksite as indicated in slide # 10.

• Preview this program and include your specific workplace information before conducting the training.

• It is recommended you keep an attendance roster for your records to document training.

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How To Use This PowerPoint Program

• Users with PowerPoint can download, edit, and use the program for training with a laptop and multimedia projector.

• Additional information is also found in the Notes section of this presentation below the slides. You can read the text in quotations found in the Notes section or use your own words.

• If you want to print out this program, the PDF file uses less computer memory and prints faster.

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Head Protection (Hard Hats)

Department of LABOR AND INDUSTRIES

The following topics will be covered:

Head Hazards

Types of Hard hats

Limitations

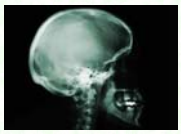
Use and Care

1

Your Head

The human skull does a pretty good job of protecting the brain, eyes, ears and nose, but it has its limits.

The force of a golf ball hitting your head at moderate speed, or simply walking into a hard object can fracture your skull. A stronger force can cause more severe injuries.



Since head injuries can be very serious, head protection is required on certain kinds of jobs.

2

Possible Head Injuries

Impact to the Head

Falling or flying objects are a common cause of head injuries.

Also, falling onto or walking into hard objects can cause serious head injuries.

These injuries can include scalp lacerations, neck sprains, concussions, skull fractures, brain damage or even death.

3

How hard hats protect you

Hard hats protect you with the following:

-A rigid shell that resists and deflects blows to the head,

- A suspension system inside the hat that acts as a shock absorber

- A shield for your scalp, face, neck, and shoulders against overhead splashes, spills, and drips of hot or caustic liquids;

- Some hats serve as an insulator against electrical shocks

4

Types of Hard hats

Impact Hard Hats

Most hard hats provide protection from impact or penetration only.

Some hard hats are designed to protect from lateral impact as well as top impact.

Some hats have a full brim for rain protection.

5

Types of Hardhats

Electrical Hard Hats

This special type provides both impact protection and protection from either high or low voltage electricity.

Electrically insulating hardhats are labeled “Class E or G” and are used by workers doing electrical work.

6

Bump Caps

Bump caps are made from lightweight plastic and are designed only to protect you from bumping your head on protruding objects.

Bump caps do not have a suspension system to protect you from falling objects nor do they protect you from electrical shocks.

WARNING: You can never substitute a bump cap for a hard hat.

7

Where are hard hats required?

Any worksite where you are potentially exposed to flying or falling objects,

Around or under scaffolds or other overhead structures,

Any demolition work with overhead hazards,

Any other locations required by company policy.

8

When are Hard Hats Required?

All logging operations,

While working as a flagger,

Work near live electrical conductors that could contact your head.

9

Where we require hard hats

List your specific locations, jobs or tasks where hard hats are required at the worksite.

10

Using a Hard Hat

Adjust the suspension inside your hard hat so that the hat sits comfortably, but securely on your head.

11

Care of Hard Hats

Clean your hard hat as needed to remove oil, grease, chemicals, and sweat that can collect in and around your hat.

You can clean your hat with mild soap and hot water for 5-10 minutes. Rinse with clear water, wipe, and let air dry.

Because prolonged exposure to sunlight and heat can damage your hat, store it in a clean, dry, and cool location out of direct sunlight.

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Hard Hat Replacement

Inspect headwear before each use for any visible signs of dents, cracks, gouges, penetration, chalking, loss of gloss or any other signs of damage that might reduce the degree of safety originally provided.

Replace hat when hairline cracks start to appear.

Replace hat that has been struck by a forceful object, even if no damage is obvious.

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Use of Hard Hats

Don't use paint, solvents, gasoline, chemicals, or harsh cleaning materials on the shell.

Don't transport headwear in rear windows of vehicles since sunlight and extreme heat will weaken it.

Don't put anything in the space between the suspension and the shell.

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Hard Hat Suspension – what's under the shell

Inspect suspension before every use. Look for cracked, torn or frayed straps. Replace suspension when damage or defects are detected.

Suspensions will deteriorate over time from exposure to sunlight and chemicals, perspiration and hair oils.

The normal service life of the suspension is about one year of regular use. The suspension may last longer with intermittent use.

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Hard Hat Suspension (continued)

Don't mix different manufacturer suspension types and hard hats.

Replacement suspension harnesses must be from the same manufacturer and for the same model of hard hat.

Don't wear a hard hat backwards unless you rotate the suspension.

16

Stories on how hard hats saved lives

Relate your own story or link to the following two true stories:

hard hat true stories

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Quiz

Question 1

When are hard hats required to be worn?

a) all the time

b) whenever the boss is looking

c) when there is an overhead hazard

d) when operating a backhoe

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Quiz

Question 2

How often should hard hats be replaced?

a) after a major impact

b) when they look bad

c) every three years

d) when you go to a new construction job

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